Annual Report of the Medical Officer of Health

to the Thirsk Rural District Council for the Year 1910.

Mr. CHAIRMAN and GENTLEMEN,

The health of the District for this year, the last of the decade, compares very favourably with the averages of the last ten years. In a Rural District in which the occupations of the inhabitants relate chiefly to agriculture, there are no Factories or Works in which the employees are subjected to conditions which cause a marked deterioration in the health of the workers. House accommodation for the working classes and the fitness for habitation are receiving special attention and also the necessity of revising the present Code of Byelaws. A case of overcrowding was reported on St. James' Green, Thirsk. The number of the occupants of the house was excessive. The owner conformed to the regulations on receipt of an order. One house declared unfit for human habitation on account of filthy condition. The tenant was discharged and the house made habitable.

Water Supply of Thirsk and Sowerby is from a Reservoir situated on the Hambleton range of hills. It is sufficient for the needs of the District, is soft in character, and from the nature of the moorland runs little risk of pollution. Cowesby, Kilburn and Sutton have likewise a good supply. Other villages in the district are dependent upon wells for their water supply. The absence of disease traceable to impure water testifies to the wholesomeness of the water generally in the district.

Milk Supply. Samples of milk examined proved the supply to be good. No milkseller has been prosecuted for supplying unwholesome or adulterated milk and the Nuisance Inspector reports the cowsheds, dairies and milkshops have been kept clean. No action has been taken by the Council or any other Authority for causing dairy cows in the district to be examined by veterinary surgeons.

Foods. The meat supply is good. The Inspector has not found any meat unfit for human consumption. He reports the slaughter houses have been inspected weekly and found to be in good order.

Action under Sale of Food and Drugs Act. Adulteration of Whiskey. Charge dismissed on payment of costs.

Action Section 117 of Public Health Act, 1875. Nil.

Number of carcases condemned for Tuberculosis. Nil.

Sewerage and Drainage. The Sewers of Thirsk and Sowerby are in good condition and well flushed. The septic tanks are cleaned out when required. The Nuisance Inspector reports the following improvements in sewage disposal.

Topcliffe. 75 yards of sanitary pipes laid.

Carlton Miniott. 268 yards of 9" pipes laid. 264 yards of 8" sanitary pipes laid and the construction of one septic tank and one breeze tank. This last work abated the nuisance caused by a polluted ditch in the east end of the Parish, to which reference was made in the Report for 1909.

Excrement disposal. The Council contracted to have the scavenging performed between the hours of 12 midnight and 9 a.m. The ashpits to be cleaned monthly and pan closets weekly. The Nuisance Inspector reports owing to this order the work was not satisfactorily done during the winter months but that the scavenging was in order in the autumn months The Council has now decided to have the scavenging done by its own workmen.

Registered Lodging House. 1. Reported to be kept clean and sanitary department in good order.

Schools. The following schools were closed for 3 weeks to prevent the spread of Measles. Newby Wiske, S. Otterington, Dalton, Carlton Miniott, Infant School Thirsk, Boltby (4 weeks). Newby Wiske and S. Otterington for 2 weeks on account of Influenza. The schools were re-opened after disinfection by the Sanitary Inspector. A special report on the sanitary condition and water supply of the schools is forwarded to the Education Authority in my capacity of Medical Inspector of School children.

The Infectious Disease Notification Act, 1889. Including Measles and Whooping Cough is enforced in the District. The Isolation Hospital consisting of administrative block and two wards is completed and will shortly be furnished to receive patients. The Council bears the expense of Bacteriological examinations in suspected cases of Diphtheria and Enteric Fever and supplies serum for the treatment of Diphtheria to the poor (Order under section 133 of the Public Health Act 1875.)

Public Health Tuberculosis Regulation, 1908. One case of Pulmonary Tuberculosis was notified by a District Medical Officer. The early diagnosis of the disease is facilitated by the Bacteriological examination of sputum, the expense of which is borne by the Council. In case of death the premises are disinfected and special attention given to the room occupied by patient. No death was reported during the year. There is no Hospital accommodation for cases of Pulmonary Tuberculosis.

The chief causes affecting the health of the District were the Zymotic diseases. From Table 3 we find that 149 cases were reported of which 108 were Measles, 19 Whooping Cough, 9 Scarlet Fever, 6 Diphtheria, 6 Erysipelas, 1 Enteric Fever.

Measles. Measles was epidemic during the whole of the year in the District. The epidemic in Thirsk and Dalton was introduced from outside the District; from these centres the disease spread to the villages. Fortunately the disease was of a mild type and only one fatality was recorded. The closing of the School in one case checked the spread of the disease. In the other cases the epidemic continued unabated.

Whooping Cough appeared in widely separated parts of the District. It never spread to any extent in one locality. It was not found necessary to close the schools on this account.

Scarlet Fever. Six cases of a mild type were reported in one family in S. Otterington. A connection was traced to the cases reported in Maunby in the last quarter of 1909. A seventh case of the malignant type occurred in the Post Office, S. Otterington, which proved fatal on the third day of the illness. The premises of the Post Office were thoroughly disinfected and the Office closed for a fortnight. Notwithstanding the precautions taken a second son returning home two months later contracted the disease in a mild form. He was removed to the Northallerton Isolation Hospital. The Post Office was again disinfected and closed for a fortnight and there was no further spread of the disease. One case was reported in Sowerby in the last quarter of the year. The child had been to Leeds and Halifax and had contracted the disease when she was from home.

Diphtheria. A fatal case was reported in Thirsk in the first quarter of the year. No insanitary condition was found on the premises. No suspicion attached to the milk supply. A mild case was reported in Sowerby. Its origin could not be traced. Two cases were reported in Knayton one of which unfortunately proved fatal. There was no insanitary condition on the premises to give rise to the disease. A case was reported in Upsall. The drainage on the premises was found to be defective. A case was reported in Sowerby in the last quarter of the year. The child attended Sowerby school. There was no connection with the case reported in the second quarter. Advantage was taken of the free supply of serum and the patient was soon convalescent. With the exception of the case in Upsall in none of the cases was defective sanitation found on the premises. Had the milk supply been to blame there would have been more cases of the disease.

Enteric Fever. One case was reported in Norby. Complaint was made of the smell from a drain in the yard. On examination the trap was found to be defective. No suspicion was attached to the milk or water supply. From the appended Table 1 it will be noted that the Birth Rate is 23·68 per 1000 of the population, and is slightly lower than the average for the decade. The Death Rate is 13·29 per 1000 of the population compared with 14·10 the average for the years 1900-1909. The Birth Rate and Death Rate are calculated on the Census of 1901. Of the causes of death. Old Age again heads the list with a total of 29, followed by Heart Disease 16, Diseases of Nervous System 13, Bronchitis 11, Phthisis 10, Cancer 9, Pneumonia 8, Suicide 3. The number of suicides during the last 6 months of the year is appalling in a district in which overcrowding and starvation is not a feature of the community. Three males committed suicide by "cut throat" within a distance of 1½ miles of one another. The prominence given in the newspapers to these tragedies is to be deplored. The influence on those of unsound and feeble mind is very bad and undoubtedly helps to increase the death rate from this cause.

Infant Mortality. 30 deaths of Infants occurred under the age of 1 year forming a rate of 99 66 per 1000 births registered and compares very favourably with the average rate 107·70 for the decade. 13 of the deaths occurred under the age of 1 week and were due to Prematurity (8), Debility and Congenital conditions. The locality has not influenced the mortality. For the last 3 years each Registration District has in turn had the highest rate, whereas it might be supposed that Thirsk being the most densely populated area would head the list. The Notification of Births Act 1907 is not adopted. No health visitors are employed in the District.

Factory and Workshops Act, 1901. The Inspector of Nuisances reports the Workshops and Factories are all clean and the sanitary arrangements good. One notice served as the whitewashing order had not been observed.

No imported labour is employed in the District in the picking of hops, fruit or peas.

Systematic inspections have been made of the District in addition to the enquiries into particular outbreaks of disease.

Walter I. Buchanan,

January 28th, 1911. *Medical Officer of Health.*

TABLE I.

Vital Statistics of Whole District during 1910 and previous Years.

Thirsk Rural Sanitary District.

Year.	Population estimated to Middle of each Year.	Births.		Total Deaths Registered in the District.				Total deaths in Public Institutions in the District.	Deaths of Non-Residents registered in Public Institutions in the District	Deaths of Residents registered in Public Institutions beyond the District.	Net Deaths at all ages beloning to the District.	
				Under 1 year of age		At all Ages.						
		No.	Rate*	No.	Rate per 1000 Births Registered	No.	Rate*				No.	Rate*
1	2	3	4	5	6	7	8	9	10	11	12	13
1900	13016	335	25·73	38	113·43	204	15·67	7	.....	.....	204	15·67
1901	12710	293	23·05	33	112·62	182	14·31	7	.....	.....	182	14·31
1902	12852	298	23·18	38	127·57	150	11·67	11	.....	.....	150	11·67
1903	13015	328	25·20	27	82·31	166	12·75	5	.....	2	168	13·21
1904	13061	301	23·04	49	162·79	198	15·15	12	.....	.....	198	15·15
1905	13102	309	24·30	28	90·61	180	14·24	12	.....	.....	180	14·24
1906	12710	324	25·49	29	89·50	186	14·63	6	.....	1	187	14·71
1907	12710	291	22·89	29	99·65	190	14·94	9	.....	3	193	15·18
1908	12710	284	22·34	32	112.67	179	14·08	11	1	1	179	14·08
1909	12710	291	22·89	25	85·91	161	12·66	9	.....	2	163	12·82
Averages for Years 1900-1909.	12859	305	23·81	32	107·70	179	14·01	8			180	14·10
1910	12710	301	23·68	30	99·66	164	12·90	4		4	168	13·29

* Rates in Colums 4, 8, and 13 should be calculated per 1,000 of the estimated gross population.

Area of District in acres (exclusive of area covered by water), 64·024.

Total Population at all ages, 12,710
Number of inhabited houses, 2855 } At Census of 1901.
Average number of persons per house, 4·45

Institutions outside the District receiving sick and infirm persons from the District—Leeds General Infirmary.

Other Institutions, the deaths in which have been distributed among the several localities in the District—Lambert Memorial Hospital.

Is the Union Workhouse within the District? Yes.

TABLE II.

Vital Statistics of separate Localities in 1910 and previous years.

Thirsk Rural Sanitary District.

Names of Localities. / Year.	1.—THIRSK.				2.—TOPCLIFFE.				3.—SUTTON.				4.—KNAYTON.			
	Population estimated to middle of each year.	Births registered.	Deaths at all ages.	Deaths under 1 year.	Population estimated to middle of each year.	Births registered.	Deaths at all ages.	Deaths under 1 year.	Population estimated to middle of each year.	Births registered.	Deaths at all ages.	Deaths under 1 year.	Population estimated to middle of each year.	Births registered.	Deaths at all ages.	Deaths under 1 year.
	A	B	C	D	A	B	C	D	A	B	C	D	D	B	C	D
1900	6935	199	100	21	2140	76	49	8	1156	18	30	3	1957	42	24	6
1901	7055	162	105	22	2798	57	37	4	1029	27	17	3	1828	47	23	4
1902	7145	175	97	29	2835	77	26	6	1027	14	10	0	1851	35	17	3
1903	7229	198	92	15	2876	74	41	7	1051	18	15	2	1861	38	18	3
1904	7236	163	126	36	2930	83	29	7	1051	21	14	2	1877	34	21	4
1905	7240	190	106	19	2934	70	37	4	1051	21	18	3	1877	28	19	2
1906	8272	208	111	15	2798	85	53	12	1640	31	21	2				
1907	8272	184	138	19	2798	71	35	7	1640	36	20	3				
1908	8272	177	114	15	2718	71	48	14	1640	36	17	3				
1909	8272	178	103	15	2798	78	31	5	1640	35	27	5				
Averages of Years 1900-1909	7592	183	109	20	2770	74	38	7	1292	25	18	2				
1910	8272	200	109	21	2798	77	36	6	1640	24	19	3				

TABLE III.

Cases of Infectious Disease notified during the Year 1910.
Thirsk Rural Sanitary District.

Notifiable Disease.	Cases notified in whole District.							Total cases notified in each locality.		
	At all Ages	At Ages—Years.								
		Under 1	1 to 5	5 to 15	15 to25	25 to65	65 and upwards	Thirsk	Top-cliffe.	Sutton
Diphtheria (including Membranous Croup)...	6	..	2	4	...	...	...	6	...	...
Erysipelas...	6	...	...	1	...	5	...	5	1	...
Scarlet Fever	9	...	1	6	1	1	...	9	...	...
Enteric Fever	1	...	...	1	...	...	...	1	...	...
Whooping Cough... ...	19	2	9	8	...	...	...	5	14	...
Measles	108	5	37	59	2	4	1	70	32	6
Totals	149	7	49	79	3	10	1	96	47	6

Isolation Hospital—Name and Situation: **Thirsk.** Total available beds—8,
Number of Diseases that can be concurrently treated—1.

TABLE IV.

Causes of, and Ages at Death, during Year 1910.
Thirsk Rural Sanitary District.

Causes of Death.	Deaths at the subjoined ages of "Residents" whether occurring in or beyond the District.							Deaths at all ages of "Residents" belonging to Localities, whether occurring in or beyond the District.			Total Deaths whether of 'Residents' or 'non-residents' in Public Institutions in the District.
	All Ages	Under 1 year	1 and under 5	5 and under 15	15 and under 25	25 and under 65	65 and upwards.	THIRSK	TOP-CLIFFE.	Sutton	
1	2	3	4	5	6	7	8	9	10	11	12
Old Age	29	...	...	...	...	...	29	22	3	4	2
Measles	1	...	1	...	...	...	...	1	...	...	...
Scarlet Fever	1	...	...	1	...	...	...	1	...	...	...
Whooping Cough... ...	1	1	...	...	...	...	...	...	1	...	...
Diphtheria (including Membranous Croup)...	2	...	1	1	...	...	...	2	...	...	...
Diseases of Digestive organs	6	2	..	...	...	2	2	5	1	...	...
Diarrhœa	2	1	...	...	...	1	...	1	1	...	...
Enteritis	1	1	...	...	...	...	...	...	...	1	...
Gastritis	2	1	...	...	...	1	...	...	...	2	...
Phthisis ... (Pulmonary Tuberculosis)	10	...	1	1	3	5	...	6	3	1	...
Other tuberculous diseases	3	...	...	1	1	...	1	1	...	2	...
Cancer, malignant disease	9	...	...	...	...	5	4	7	2	...	...
Bronchitis	11	1	1	...	...	2	7	6	2	3	1
Pneumonia...	8	1	1	...	...	3	3	3	3	2	...
Diseases of Urinary Organs	4	...	...	...	1	2	1	3	1	...	...
Alcoholism, Cirrhosis of liver	5	...	...	...	...	4	1	3	1	1	...
Premature Birth	8	8	...	...	...	...	...	6	2	...	...
Heart Diseases	16	...	...	...	...	5	11	9	6	1	1
Accidents	3	...	1	...	...	1	1	2	1	...	...
Suicides	3	...	...	...	1	2	...	2	...	1	...
Congenital Defects ...	2	2	...	...	...	...	...	1	1	...	...
Disease of Nervous system	13	...	1	...	2	3	7	11	1	1	...
Convulsions	8	6	2	...	...	..	...	5	3	...	...
Atrophy and Debility	5	5	...	...	...	...	...	5	...	...	...
All other causes	11	1	...	1	1	5	3	7	4	...	...
All Causes	164	30	9	5	9	41	70	109	36	19	4

TABLE V.

Thirsk Rural Sanitary District.

Infantile Mortality during the Year 1910.

Deaths from stated Causes in Weeks and Months under One Year of Age.

CAUSE OF DEATH.	Under 1 week	1-2 Weeks	2-3 Weeks	3-4 Weeks	Total under 1 month	1-2 Months	2-3 Months	3-4 Months	4-5 Months	5-6 Months	6-7 Months	7-8 Months	8-9 Months	9-10 Months	10-11 Months	11-12 Months	Total Deaths under 1 year.
All Causes { Certified ... ... / Uncertified ...	13	1	1	...	15	4	4	2	1	1	...	1	1	...	...	1	30
i. Common Infectious Diseases:																	
Whooping Cough ...	...	...	...	...	..	...	1	...	...	...	...	...	...	...	...	...	1
ii. Diarrhœal Diseases																	
Diarrhœa, all forms ...	...	...	...	...	...	...	1	...	...	...	...	...	...	...	...	...	1
Enteritis, Mueo-enteritis / Gastro-Enteritis	...	...	...	...	...	...	...	1	...	...	...	...	...	...	.	...	1
Gastritis, Gastro-intestinal Catarrah...	...	...	...	...	...	...	1	...	...	...	...	...	...	...	...	...	1
iii. Wasting Diseases.																	
Premature Birth	8	...	...	...	8	...	...	...	...	...	...	...	...	...	...	...	8
Congenital Defects ...	1	...	...	...	1	1	...	...	...	...	...	...	...	...	...	...	2
Atrophy, Debility, Marasmus...	1	...	1	...	2	2	...	...	...	...	...	...	1	...	...	...	5
iv. Other Causes.																	
Convulsions	1	1	...	...	2	...	...	1	1	1	...	...	...	...	...	1	6
Bronchitis	...	...	...	...	...	...	1	...	...	...	...	...	...	...	...	...	1
Pneumonia	...	...	...	...	...	...	...	...	...	...	...	1	...	...	...	...	1
Other causes	2	...	...	...	2	1	...	...	...	...	...	...	...	...	...	...	3
	13	1	1	...	15	4	4	2	1	1	...	1	1	...	...	1	30

District of Thirsk.

Population, estimated to middle of 1910—12,710.

Births in the year : Legitimate 274 ; Illegitimate 27.

Deaths in the year of legitimate infants 26 ; illegitimate infants 4.

Deaths from all causes at all ages—168.

Factories, Workshops, Workplaces, and Homework.

1.-Inspections.

Including Inspections made by Sanitary Inspectors or Inspectors of Nuisances.

FACTORIES (Including Factory Laundries)—Inspections 12.

2.-Defects found.

Nuisances under the Public Health Acts ; Want of cleanliness 1 ; remedied 1.

3.-Home Work.

OUTWORKERS' LISTS, Section 107. Nature of Work—Wearing apparel making, &c.

Lists received from Employers twice in the year—2 ; Workmen, 4.

" " " once in the year—1 ; Workmen 1.

4.—REGISTERED WORKSHOPS 74.

5.—OTHER MATTERS.—Matters notified to H.M. Inspector of Factories : Failure to affix Abstract of the Factory and Workshop Act (s. 133)—2.